

Spotlight

November-December 2022



HIGHLIGHTS

The new Los Altos Community Center has been open for a year and we at the Adult 50+ Program have been busy getting the word out about our fantastic activities, events, and programs. We still offer hybrid programs, which allows for in-person or virtual participation, whichever suits you best!

As we gear up for the Holiday Season, we are kicking off the month with a Fall Fling Dinner & Dance! Find out more in this newsletter, then be sure to sign up to dance the evening away!

This holiday season, let's take time to connect with one another and make fond memories that bring smiles to our faces. Keeping spirits high is as catchy as a cold, it's been told, but in a very good way! Our Team is planning the kind of events that will warm hearts, so come out and join us!

Adult 50+ Program (650) 947-2797

*Register/Create your account on CivicRec at LosAltosRecreation.org and click on "[View Classes](#)"
Fees, if applicable, are noted.

Santa Clara County COVID-19 guidelines are in place. Keep a safe distance and masks recommended.

Special Events & Activities

Fall Fling Dinner & Dance **Los Altos Community Center/Grand Oak Room**

Tuesday, November 1 from 5-7:30 PM
\$30 Resident/\$35 Non-Resident



It's time to bring in the holiday season with feasting, dancing, and karaoke! That's right! The Adult 50+ Program staff is having a party, so come out and join in the fun! A DJ will make your feet move, and don't forget to warm up your vocal cords for some karaoke where you can sing to your favorite songs! A catered dinner will fill you up so that you will want to work your meal off with some fancy footsteps. Bring your friends or that special someone. See you at the party of the year!

*Register on [CivicRec](#) or call the Center by **October 27**.

Thanksgiving Luncheon **Grant Park/Multi Purpose Room**

Wednesday, November 16 from 12-2 PM
Suggested Donation: \$15



Join us for a mouth-watering lunch prepared with love, and that will bring smiles to all who participate! Our Thanksgiving luncheon will be a spread that will be remembered for a long time! Let's get together and create more wonder-filled memories!

*Register on [CivicRec](#) or call the Center by **November 7**.

3rd Thursday Movie **Los Altos Community Center** **Sycamore Room**

A Beautiful Mind



Thursday, November 17 at 12:30 PM
\$1 Resident/\$2 Non-Resident



This 2001 film, starring Russell Crowe depicts the descent of John Nash, mathematician and a Nobel Laureate in Economics, as he begins to develop paranoid schizophrenia and endures delusional episodes. Directed by Ron Howard.

Holiday Luncheon **Los Altos Community Center/Grand Oak Room**

Thursday, December 15 from 12-3 PM
Suggested Donation: \$15



We have planned a wonderful time of good food, fun activity, and entertainment for your delight! It's been a while since we've gathered to break bread for the holiday luncheon: we at the Adult 50+ Program are happy to say come out for this scrumptious, catered meal.

*Register on [CivicRec](#) or call the Center by **December 9**.

NOTE: The Adult 50+ Program and Egan Gym will be closed the week
December 26, 2022-January 2, 2023

Happy New Year! See you in January!

<https://www.losaltosca.gov/parksrec/page/adult-50-program>

Class & Activity Highlights

MEDITATION*

Monday

Virtual class via Zoom
9-9:45 AM
Meditate with Vijay Dhir
vijaydhir59@gmail.com

BOCCE BALL

Monday through Thursday

Los Altos Community Center

LACC Bocce Ball Court

9 AM-1 PM

Outdoor court. Equipment provided.

CHESS

Monday

Grant Park

9 AM-2 PM

Tuesday

Los Altos Community Center

LACC Lobby

1-4 PM

Contact Ben
(650) 400-0353

All Levels Welcome

LINE DANCING

Tuesday

Los Altos Community Center

LACC Grand Oak Room

1-2 PM

October 18-November 15

\$27 Resident/\$30 Non-Resident

November 22-December 13

\$24 Resident/\$26 Non-Resident

HICAP APPOINTMENTS

Health Insurance Counseling &
Advocacy Program

Third Tuesday

Los Altos Community Center

1-hour appointments available with

Nancy Lee

1-4 PM

Medicare AEP runs
from October 15-December 7

Contact Adult 50+ Program
to schedule an appointment.

CHEN STYLE TAI CHI

Wednesday

Shoup Park Garden House
September 14-December 14
10:45 AM-12 PM

\$190 Resident/\$225 Non-Resident

Instructor Kathleen McCarty leads exercises to open the joints and relax the muscles and tendons, which increase mobility and stability.

CHAIR YOGA WITH VIJAY

Wednesday

Grant Park Room 3

10:55-11:30 AM

BOOK CLUB

Third Wednesday

Grant Park

11 AM-12 PM

Nov: "Caste" by Isabel Wilkerson
Dec: "Anxious People" by Fredrik Backman

Contact Janet

jharpca@comcast.net

The library supplies the books!

DROP-IN PING PONG

Monday

Grant Park Multi-Purpose Room

10:30 AM-1 PM

\$3 Resident/\$5 Non-Resident

All Levels Welcome

Ping pong membership available.

FITNESS DANCE AND FUN*

Virtual class using Google Meet

Monday and Thursday

1-2 PM

Join Xochitl

meet.google.com/ixq-yoqm-wac

Low-impact cardio/dance, strength training, and stretching exercises for seniors using chair, exercise ball, and resistance bands.

TECH TUTOR APPOINTMENTS

Monday

Los Altos Community Center

1-hour appointments available with

Ellen Chu

1-3 PM

Need tech help?

Contact Adult 50+ Program
to schedule an appointment.

AMERICAN MAH JONGG

Wednesday

Grant Park Room 1

September 14-December 14

Beginning Mah Jongg Class

9:30-11:30 AM

Open Play Mah Jongg

11:30 AM-2 PM

Thursday

Los Altos Community Center

LACC Sycamore Room

Open Play Mah Jongg

September 15-December 15

11:30 AM-2 PM

BEGINNERS' BRIDGE CLASS

Thursday

September 15-November 17

Los Altos Community Center

LACC Sycamore Room

10-11:30 AM

RUMMIKUB

Thursday

Los Altos Community Center

LACC Sycamore Room

12-2 PM

Learn to play this tile-based board game. Combines elements of Rummy card game and Mah Jongg.

FOREIGN AFFAIRS*

Friday

Virtual class via Zoom
September 16-December 16
10:30 AM-12 PM

\$77 Resident/\$90 Non-Resident

Participants meet online to discuss a range of foreign affairs topics.

INDOOR PICKLEBALL

Monday/Wednesday

Egan Junior High School Gym

100 W Portola Ave, Los Altos

6:30-9:30 PM

\$3 Resident/\$5 Non-Resident/\$1 Youth

All Levels Welcome



Pickleball membership available.

Adult 50+ Program (650) 947-2797

*Register/Create your account on CivicRec at LosAltosRecreation.org and click on "View Classes"
Fees, if applicable, are noted.



NOVEMBER 2022 Classes/Events/Activities (including Online)
Los Altos Community Center (LACC)
<https://www.losaltosca.gov/parksrec/page/adult-50-program>

Monday	Tuesday	Wednesday	Thursday	Friday
	<u>Tuesday Schedule</u> ¹ 9 AM-1 PM Play Bocce Ball 9:15 AM-2 PM Play Bridge 1-2 PM <i>Richard C. Line Dancing</i> 1-3 PM <i>Ellen C. Tech Tutor (appt)</i> 1-4 PM Chess 5-7:30 PM Fall Fling Dinner & Dance/Grand Oak Room	<u>Wednesday Schedule</u> ² 9 AM-1 PM Play Bocce Ball 9:15 AM-2 PM Play Bridge 9:30 AM-12 PM <i>Lenora V. ArtVenturers</i> 10:45-11:45 AM <i>Kathleen M. Chen Tai Chi (Shoup Park Garden House)</i> 6:30-9:30 PM Pickleball (Egan Gym)	<u>Thursday Schedule</u> ³ 9-11:30 AM Play Bridge 9 AM-1 PM Play Bocce Ball 10-11:30 AM <i>Marcia S. Beginners' Bridge Class</i> 11:30 AM-2 PM Play American Mah Jongg 11:30 AM-2 PM Play Pinochle 12-2 PM Play Rummikub 1-2 PM <i>Xochitl M. Fitness Dance and Fun*</i>	<u>Friday Schedule</u> ⁴ 10:30 AM-12 PM <i>Ken P. Foreign Affairs*</i>
<u>Monday Schedule</u> ⁷ 9 AM-1 PM Play Bocce Ball 9:15 AM-12 PM Play Bridge 12-2 PM Monkey Toys 1-3 PM <i>Ellen C. Tech Tutor (appt)</i> 6:30-9:30 PM Pickleball (Egan Gym)	<u>Tuesday Schedule repeats plus</u> ⁸ 10-11:30 AM SCCFD - Crime Prevention & Home Fire Safety (Hybrid)* 10:30 AM-12 PM Cultural Exchange <div>No Line Dance</div> <div>No Tech Tutor appointments</div>	<u>Wednesday Schedule repeats</u> ⁹ 	<u>Thursday Schedule repeats</u> ¹⁰ 	¹¹ 
¹⁴ <u>Monday Schedule repeats</u> <div>No Tech Tutor appointments</div>	¹⁵ <u>Tuesday Schedule repeats plus</u> 1-4 PM <i>Nancy L. HICAP (appt)</i> <div>No Tech Tutor appointments</div>	¹⁶ <u>Wednesday Schedule repeats plus</u> 1-4 PM <i>Nancy L. HICAP (appt)</i>	¹⁷ <u>Thursday Schedule repeats plus</u> 12:30-2:30 PM Movie "A Beautiful Mind"	¹⁸ <u>Friday Schedule repeats</u>
²¹ <u>Monday Schedule repeats</u>	²² <u>Tuesday Schedule repeats</u> <div>No Tech Tutor appointments</div>	²³ <u>Wednesday Schedule repeats</u>	²⁴ 	²⁵ <div>Closed</div>
²⁸ <u>Monday Schedule repeats</u>	²⁹ <u>Tuesday Schedule repeats</u> <div>No Tech Tutor appointments</div>	³⁰ <u>Wednesday Schedule repeats plus</u> 1-4 PM <i>Nancy L. HICAP (appt)</i>		

Legend

- Fee-Based Classes
- Free Classes/Open Play
- Special Activities and Events
- Call for Appointment/Registration Required
- ★ Online activities are marked with an asterisk.
Check both location calendars.

NOTE: Calendars are not a comprehensive listing of all programs.
 Schedule subject to change.

LACC
Adult 50+ Program
Sycamore & Cedar Rooms
97 Hillview Avenue
Los Altos, CA 94022
Mon-Thu: 9 AM-2 PM
(650) 947-2797

DECEMBER 2022 Classes/Events/Activities (including Online)
Los Altos Community Center (LACC)
<https://www.losaltosca.gov/parksrec/page/adult-50-program>

Monday	Tuesday	Wednesday	Thursday	Friday
			Thursday Schedule 1 9-11:30 AM Play Bridge 9 AM-1 PM Play Bocce Ball 11:30 AM-2 PM Play American Mah Jongg 11:30 AM-2 PM Play Pinochle 12-2 PM Play Rummikub 1-2 PM Xochitl M. Fitness Dance and Fun*	Friday Schedule 2 10:30 AM-12 PM Ken P. Foreign Affairs*
Monday Schedule 5 9 AM-1 PM Play Bocce Ball 9:15 AM-12 PM Play Bridge 12-2 PM Monkey Toys 1-3 PM Ellen C. Tech Tutor (appt) 6:30-9:30 PM Pickleball (Egan Gym)	Tuesday Schedule 6 9 AM-1 PM Play Bocce Ball 9:15 AM-2 PM Play Bridge 1-2 PM Richard C. Line Dancing 1-4 PM Chess	Wednesday Schedule 7 9 AM-1 PM Play Bocce Ball 9:15 AM-2 PM Play Bridge 9:30 AM-12 PM Lenora V. ArtVenturers 10:45-11:45 AM Kathleen M. Chen Tai Chi (Shoup Park Garden House) 6:30-9:30 PM Pickleball (Egan Gym)	Thursday Schedule repeats 8	Friday Schedule repeats 9
Monday Schedule repeats 12	Tuesday Schedule repeats plus 13 10:30 AM-12 PM Cultural Exchange 12:45-1:45 PM SCCFD - Are You Prepared for a Medical Emergency?*	Wednesday Schedule repeats 14	Thursday Schedule repeats plus 15 12-3 PM Holiday Luncheon /Grand Oak Room	Friday Schedule repeats 16
Monday Schedule repeats 19	Tuesday Schedule repeats plus 20 1-4 PM Nancy L. HICAP (appt) <div>No Line Dance</div>	Wednesday Schedule repeats 21 <div>No Chen TaiChi</div>	Thursday Schedule repeats 22 <div>No American Mah Jongg</div>	23 <div>No Foreign Affairs</div>
26	27	28	29	30
Center closed all week				

Legend

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- Free Classes/Open Play
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NOTE: Calendars are not a comprehensive listing of all programs. Schedule subject to change.



LACC
Adult 50+ Program
 Sycamore & Cedar Rooms
 97 Hillview Avenue
 Los Altos, CA 94022
 Mon-Thu: 9 AM-2 PM
 (650) 947-2797

Classes/Events/Activities (including Online)

Grant Park

<https://www.losaltosca.gov/parksrec/page/adult-50-program>

November 2022

December 2022

Monday	Wednesday
	Wednesday Schedule 2 9:15 AM-2 PM Play Bridge 9:30-11:30 AM Marilyn L. Class American Mah Jongg, Room 1 10:15-10:45 AM Eleanor Stretching & Walking 10:55-11:30 AM Vijay D. Chair Yoga 11:30 AM-2 PM Play American Mah Jongg, Room 1 1-2 PM Bob, Marilu & Xochitl Dance Exercise
Monday Schedule 7 9-9:45 AM Vijay D. Meditation* 9 AM-2 PM Chess 9:15 AM-2 PM Play Bridge 10:30 AM-1 PM Ping Pong 11 AM-12 PM Jack T. Conversation Group, Room 3 1-2 PM Xochitl M. Fitness Dance and Fun*	Wednesday Schedule repeats 9
Monday Schedule repeats 14	Wednesday Schedule repeats plus 16 12-2 PM Thanksgiving Luncheon /Multipurpose Room 11 AM-12 PM Book Club
Monday Schedule repeats 21	Wednesday Schedule repeats 23
Monday Schedule repeats 28	Wednesday Schedule repeats 30

Monday	Wednesday
Monday Schedule 5 9-9:45 AM Vijay D. Meditation* 9 AM-2 PM Chess 9:15 AM-2 PM Play Bridge 10:30 AM-1 PM Ping Pong 11 AM-12 PM Jack T. Conversation Group, Room 3 1-2 PM Xochitl M. Fitness Dance and Fun*	Wednesday Schedule 7 9:15 AM-2 PM Play Bridge 9:30-11:30 AM Marilyn L. Class American Mah Jongg, Room 1 10:15-10:45 AM Eleanor Stretching & Walking 10:55-11:30 AM Vijay D. Chair Yoga 11:30 AM-12:30 PM SCCFD - Are You Prepared for a Medical Emergency? 11:30 AM-2 PM Play American Mah Jongg, Room 1 1-2 PM Bob, Marilu & Xochitl Dance Exercise
Monday Schedule repeats 12	Wednesday Schedule repeats 14 <div>No SCCFD presentation</div>
Monday Schedule repeats 19	Wednesday Schedule repeats plus 21 11 AM-12 PM Book Club <div>No SCCFD presentation</div> <div>No American Mah Jongg</div>
<div>Center closed all week</div>	<div>Center closed all week</div>

Legend

- Fee-Based Classes
- Free Classes/Open Play
- Special Activities and Events
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NOTE: Calendars are not a comprehensive listing of all programs. Schedule subject to change.



Grant Park
 Adult 50+ Program
 Room 4
 1575 Holt Avenue
 Los Altos, CA 94024
 Mon/Wed: 9 AM-2 PM
 (650) 947-2797



Los Altos Adult 50+ Program



SPOTLIGHT NEWSLETTER

Email: rec-info@losaltosca.gov

**NOTE: The Adult 50+ Program and Egan Gym will be closed the week
December 26, 2022-January 2, 2023**

Happy New Year! See you in January!

Change Service Requested

